

NAME OF THE INTERVENTION	PEAC—Dexter Summer Program
5HF Element* to Impact	Move More
Fiscal Agent	PEAC
Tax I.D	75-3159584
Implementation Contacts (2 or more required)	Kamala DeLano, John Waterman
Contact phones and emails	Kam@bikeprogram.org 734-484-2758, jwaterman@bikeprogram.org , 734-658-8347
Date Funding Required	April 1, 2018
Implementation Date	June 1, 2018
Estimated Completion Date	August 15, 2018
Total Amount Requested from 5HF	\$4000

Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population. <i>Typically one paragraph and 3-5 sentences</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>PEAC Dexter is a summer cycling program for individuals with disabilities. PEAC believes Everyone Can Ride, and that this looks different for each person. Participants set individual goals for the summer, and PEAC instructors work with students to reach these goals.</p> <p>Target population is individuals ages 5+ with cognitive or intellectual, developmental, and/or behavioral disabilities.</p>
<p>2. How does this intervention address the needs identified by your community and the coalition? <i>Please be specific and refer to local data (i.e. HIP, MiPHY, PAC, NEAT, etc.) and/or the coalition strategic plan. Should include specific health/wellness indicators.</i></p>	<p>PEAC is supporting the Coalition’s Strategic Plan Goal 3, Supporting Community members in reaching a healthy weight. According to 2015 HIP data 16% of adults were advised they should lose weight. Cycling provides an aerobic exercise that the whole family can participate in together. One of the goals for healthy weight is that youths get a minimum of 60 minutes of physical activity per day. During the 7 weeks of our program, students will get 60 minutes of physical activity twice per week. In the Chelsea Dexter Area, parents report that 64% of students are getting at least 60 minutes per day of exercise 5 to 7 days per week.</p> <p>According to 2015 HIP 26% of Dexter/Chelsea residents responded that they had between 1-10 poor mental health days in the past month. It is well studied that physical exercise, specifically riding a bike, provides more blood vessels in your brain and muscles which</p>

	<p>mean more oxygen and nutrients to help them work. Additionally, it reduces stress, improves posture and coordination, and reduces anxiety and depression.</p>
<p>3. What are the specific goals for the intervention? <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals)</i></p> <ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<p>Goal: The Individuals enrolled in our program will develop and achieve/work towards his/her cycling goal(s).</p> <p>PEAC works with each student and his/her family to develop individualized goals. During the first day, PEAC instructors assess student’s initial skills, and then work with families and students to identify summer goals. Once goals are established, PEAC instructors work to provide the proper support, accommodations, and training that each student requires.</p> <p>These goals are tracked on daily log sheets, which staff fill out with each student at the completion of their lessons. The documents track the skill(s) the student work on as well as what skills should be targeted at the following session. Many students are also given “homework” to further develop their skills with their family at home.</p> <p>We believe this goal is attainable because it is individualized. Additionally, as soon as student meet his or her initial goal, we work as a group (family, student, and instructor) to set new goals to work towards.</p> <p>The Coalition’s goal as stated on your website is “to create a culture of wellness in Dexter and help individuals, families, organizations and businesses promote healthy lifestyle choices for all constituencies.” Cycling strengthens physical mental, and emotional wellbeing, is inclusive, and offers many individuals with disabilities an independent form of transportation.</p> <p>This goal begins on the first day of the program and continues to evolve throughout the 7-week summer program. We are continually tracking goals and expanding on them as necessary. Once the student finishes the program we encourage them to take part in other programs that we run as well as continue next year.</p>
<p>4. What key data will be collected, analyzed, and used to evaluate the intervention? <i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>The key evaluation data is the progress of each student throughout the summer. We measure success through tracking accomplishments of students at the end of the summer. Students goals will vary greatly, some being simple and quick while others are goals that will take many years to accomplish. Due to this, we track the progressive steps they have made week to week and year to year. For example, Benjamin may have set a goal of “riding to school on my bike”. This summer, he learned to balance a two- wheel bike! While he is not riding in the community just yet, balance the two-wheel bike is a milestone worth celebrating. This is an example of an outcome we track.</p>

	<p>We will also track the hours of engagement with each student. Our students will be with us one hour per day, two days per week, for seven weeks. Beyond this, we also see students at our community ride at Hudson Mills Metropark in July, and students are offered to attend our Family Rides at Willow Metropark weekly.</p> <p>At the end of the summer, we ask parents to fill out a feedback form with their thoughts on the program which we utilize to improve our programming from year to year.</p>
<p>5. What are the estimated Units of Engagement for the intervention? <i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i> <i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>UNITS OF ENGAGEMENT DO NOT NEED TO BE CALCULATED FOR INFRASTRUCTURE (i.e. parks, sidewalks, trails, etc).</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>Our students will be seen for one hour sessions, two days per week, for seven weeks. Additionally, students attend a community ride at the end of the summer as well as other events.</p> <p>For this year we are once again estimating to see between 27 and 36 students, depending on the needs of each individual student in the program. On the low end 27 students will result in 459 hours of engagement (27 students *14 hours of instruction + 81 community riding hours). On the high end with 36 students it will result in 612 hours of engagement (36 students * 14 hours of instruction + 108 community riding hours).</p>
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation? <i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> • <i>Recruiting necessary volunteers</i> • <i>Developing tools to collect data and pictures</i> • <i>Analyzing data collected</i> 	<p>Kamala DeLano will be responsible for all tasks listed.</p>

<ul style="list-style-type: none"> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> • <i>Preparing and presenting presentations and reports</i> • <i>All other specific tasks for this intervention to be successful.</i> 	
<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention? <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>No.</p>
<p>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability). <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>Dexter High School: Donation of space for lessons.</p> <p>Hudson Mills: Donation of space for end of season community ride.</p> <p>Dance Marathon at the University of Michigan: Expected donation of \$8372.48</p> <p>Wheels in Motion: Sponsors to PEAC to purchase equipment at cost.</p> <p>For the coming year we plan on expanding to Kiwanis, Lions and other civic groups in the area.</p>
<p>9. If this is a continuing intervention:</p> <p>A. How many years has this intervention been funded by the coalition?</p> <p>B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to 5HF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to 5HF?</i></p> <p>C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding).</p> <p>D. Has the amount requested from the coalition increased or decreased? Why?</p>	<p>A. How many years has this intervention been funded by the coalition? 5 years this will be 6 years.</p> <p>B. Yes, outcomes have been presented to the coalition and reports submitted to 5HF.</p> <p>C. Over the past 4 years our intervention has had incredible growth. With the support of the Coalition, and our other donors, we have increased our programming from one day to two days per week. We have seen an increase in participation from students as well as community members. A larger focus of our intervention has been to include family members in the programming, ensuring that students are working towards their goals with us and at home. As a direct result of feedback from families we are having a session devoted directly to community riders. With this we are hoping to more directly address the goals of those students who wish to use the bike to independently be in their community. For 2018 we are looking to put more focus on students who have learned to ride a 2-wheel bike. One of our sessions will exclusively be for students wanting to</p>

<p>E. How many more years will this intervention request funds from the coalition?</p>	<p>gain more independence in their community through community riding training.</p> <p>D. The costs of our program have not expanded much from one year to another. Therefore, we are not requesting an increase in funding.</p> <p>E. We will continue to request funds from the Coalition as we move to service more members of the community are able to serve the goals of the coalition.</p>
<p>10. Does your intervention have a sustainability plan? <i>How the intervention will be sustained if the coalition does not grant/renew funding?</i></p>	<p>We are exploring more funding and community groups throughout the area. This was done to some extent in the previous year and we plan to continue. As mentioned above we hope to reach out to Dexter Kiwanis, Lions, and others. PEAC is going to begin actively reaching out to these groups and presenting to their organizations.</p>
<p>11. Provide citation(s) of similar programs used as a model in developing this intervention.</p>	<p>PEAC has been developing our program since 2004. Throughout the past 14 years, PEAC has worked with countless individuals with disabilities on cycling skills. Through our unique model of addressing students specific goals, we empower students to take responsibilities for their cycling skills. One other similar program exists, iCanBike (http://icanshine.org). This program uses vastly different techniques from PEAC as well as more restrictive requirements for their students, which would not permit many of the students we work with.</p>

~ INSERT A BUDGET which shows all expenses, revenue and in-kind contributions*. Please also indicate which expenses will be covered by the funds from the 5 Healthy Towns Foundation.

* Note: Examples of in-kind contributions include volunteer hours, use of space, items, etc.

Also provide the information in the two tables below

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$4000.00	24%
Total funds from other sources	\$12,544.96	76%
Marketing/Advertising	\$182.30	1.3%
Compensation – to one or more people	\$9,871.40	59%
Infrastructure (structure that lasts 5 years or more)	0.00	0
Other expenses	\$6491.26	39.2%

Plan Year	Amount granted	Amount Spent	Amount carried over	Amount returned to 5HF
Year 1	<u>\$2000.00</u>	<u>\$2000.00</u>	<u>\$0</u>	<u>\$0</u>
Year 2	<u>\$2000.00</u>	<u>\$2000.00</u>	<u>\$0</u>	<u>\$0</u>
Year 3	<u>\$4000.00</u>	<u>\$4000.00</u>	<u>\$0</u>	<u>\$0</u>
Year 4	<u>\$4000.00</u>	<u>\$4000.00</u>	<u>\$0</u>	<u>\$0</u>
Year 5	<u>\$4000.00</u>	<u>\$4000.00</u>	<u>\$0</u>	<u>\$0</u>

Project Budget

<u>Expenses</u>	<u>Project Budget</u>
Staff Training	\$453
Staff Salaries	\$9871
Supplies/Equipment	\$4505
Administrative	\$1533
Marketing/Promotion	\$182
Total	\$16545

Project Income

Dexter Wellness Coalition | Plan Year 6

Expenses	Requested Funds	Other Donations	Income from Fees	Total
Staff Training	\$200	\$253	\$0	\$453
Staff Salaries	\$2400	\$6031	\$0	\$8431
Supplies/Equipment	\$1000	\$3505	\$0	\$4505
Administrative	\$350	\$1183	\$0	\$1533
Marketing/Promotion	\$50	\$132	\$0	\$182
Fees	\$0	\$0	\$1440	\$1440
Total	\$4000	\$11,105	\$1440	\$16,545